

Nutrition/Health Volume
Certification Section

Risk Factor 111 Overweight Women (2.04420)

ER# 2.04420

Authority 2010 7CFR 246.7(e)(2)(i); MPSF:WC-02-22-P, WIC Policy Memorandum 98-9, Revision 6 Nutrition Risk Criteria; WIC Policy Memorandum 98-9 Revision 10

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POLICY: Risk Factor 111 (Overweight Women) shall be assigned to

- a. Prenatal women whose pre-pregnancy BMI is ≥ 25 ,
- b. Non-breastfeeding and breastfeeding women < 6 months postpartum whose pre-pregnancy or current BMI ≥ 25 .
- c. Breastfeeding women > 6 months postpartum based on current BMI ≥ 25 . Procedures for obtaining data, documentation and assigning risk factor must be followed.

PROCEDURES:

A. For pregnant women:

1. Obtaining Data

- a. Ask the woman her pre-pregnancy weight after emphasizing the need for accurate information.
- b. Obtain her current height and weight

2. Documenting

- a. Record her pre-pregnancy weight, current height and weight in MOWINS.
- b. MOWINS will automatically plot both her pre-pregnancy and current anthropometric data on the Prenatal Weight Gain Chart based on her weight gain channel using her pre-pregnancy BMI [underweight < 18.5, normal weight 18.5 to 24.9, overweight 25.0 to 29.9 and obese ≥ 30 .

3. Assessing and Assigning Risk Factor

- a. Risk Factor 111 will be automatically assigned by MOWINS based on her pre-pregnancy BMI ≥ 25 .

B. For non-breastfeeding women and breastfeeding women who are less than 6 months postpartum:

1. Obtaining Data

- a. Measure her current height and weight

2. Documenting

- a. Record her current height and weight in MOWINS.

3. Assessing and Assigning Risk Factor

- a. Risk Factor 111 will be automatically assigned by MOWINS based on her pre-pregnancy or current BMI ≥ 25 .
 - i. Postpartum women's pre-pregnancy BMI will be calculated using the women's postpartum "weight gain" minus her postpartum "weight at delivery" which is entered on the Health Information tab.
 - ii. Current BMI will be calculated using the data entered on the Height/Weight/Blood tab.

C. For breastfeeding women who are greater than or equal to 6 months postpartum:

1. Obtaining Data

- a. Measure her current height and weight.

2. Documenting

- a. Record her current height and weight in MOWINS.

3. Assessing and Assigning Risk Factor

- a. Risk Factor 111 will be automatically assigned by MOWINS based on her current BMI ≥ 25 which is obtained using data entered on the Height/Weight/Blood tab.

D. Providing Appropriate Counseling (See [Counseling Guides](#) for suggested counseling). Refer to the [Nutrition Training Manual](#) for more information.

1. Counseling and education shall be provided by the CPA.

2. Document counseling contact in MOWINS.

E. Providing Referrals

1. Provide appropriate referral information and document in MOWINS.